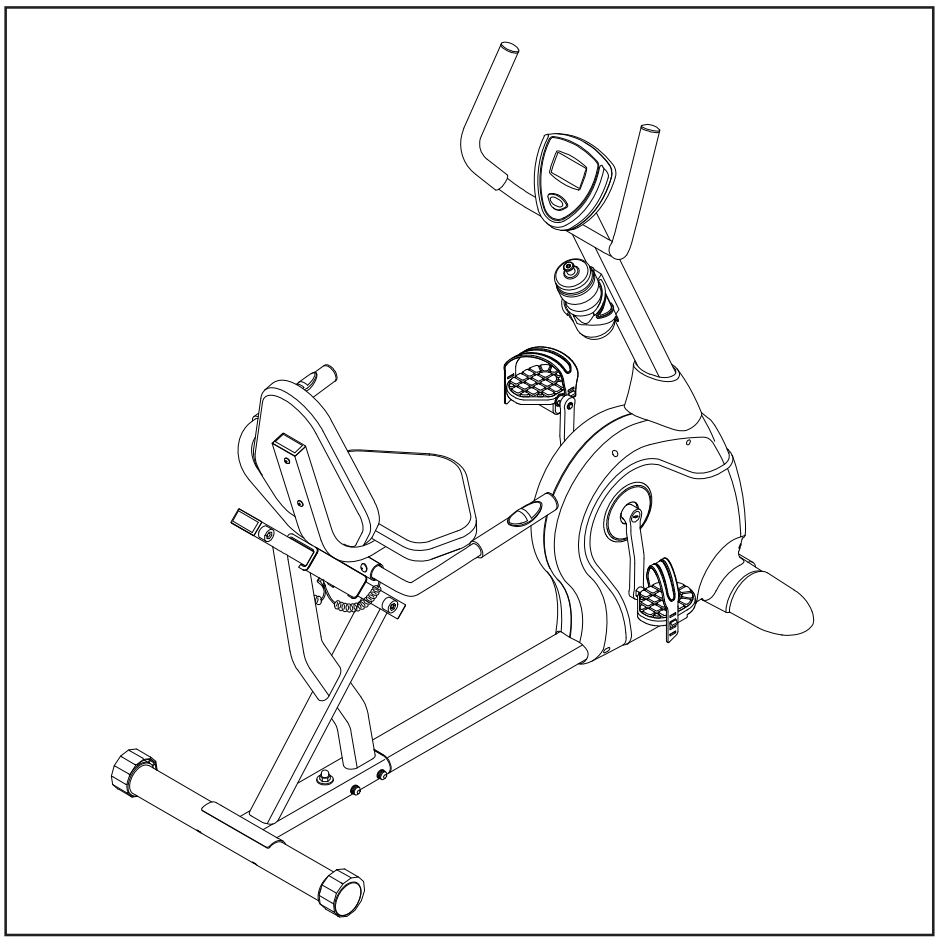
fusion 7100
MAGNETIC EXERCISE BIKE

Owner's Manual



CAUTION:
Weight on this product should not exceed 300 lbs.

⚠ WARNING ⚠

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number :

Model#: 15-7100
STAMINA PRODUCTS
MADE IN CHINA

Product May Vary Slightly From Pictured.

This Product is Produced Exclusively by

2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

2008, 09

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the Magnetic Fusion 7100 Bike.

1. Read all warnings posted on the **Magnetic Fusion 7100 Bike.**
2. The **Magnetic Fusion 7100 Bike** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **Magnetic Fusion 7100 Bike.** Do not allow children to use or play on the **Magnetic Fusion 7100 Bike.** Keep children and pets away from the **Magnetic Fusion 7100 Bike** when it is in use.
5. The **Magnetic Fusion 7100 Bike** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
6. Make sure the **Magnetic Fusion 7100 Bike** is properly assembled and that all nuts and bolts are tightened before use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **Magnetic Fusion 7100 Bike** on a solid level surface. Do not position the **Magnetic Fusion 7100 Bike** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **Magnetic Fusion 7100 Bike.**
10. Adjust the LEVELING CAPS(57) and STAND(60) so that the **Magnetic Fusion 7100 Bike** sits on the floor without rocking. See page 13 for detailed leveling instructions.
11. Before using, inspect the **Magnetic Fusion 7100 Bike** for worn or loose components, and tighten or replace any worn or loose components prior to use.
12. Before using, always check the SEAT FRAME(7) to be sure it is secure. The ADJUSTMENT KNOB(51) must be inserted into one of the holes in the REAR FRAME(5) and tightened.
13. Each user should adjust the seat per instructions on page 14.
14. Do not attempt to adjust the seat while you are on the **Magnetic Fusion 7100 Bike.**
15. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
16. Follow your physician's recommendations in developing your own personal fitness program.
17. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
18. Do not wear loose or dangling clothing while using the **Magnetic Fusion 7100 Bike.**
19. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
20. Care should be taken in mounting or dismounting the **Magnetic Fusion 7100 Bike.**
21. The **Magnetic Fusion 7100 Bike** should not be used by persons weighing over 300 pounds.
22. The **Magnetic Fusion 7100 Bike** should be used by only one person at a time.
23. Do not ride the **Magnetic Fusion 7100 Bike** while standing up.
24. The **Magnetic Fusion 7100 Bike** is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST

Customer Service

1(800)375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE Magnetic Fusion 7100 Bike

To help you get started, we have pre-assembled most of your Magnetic Fusion 7100 Bike at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions, please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.
Friday, 8:00 A.M. - 3:00 P.M., Central Time.

TELEPHONE
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customerservice@staminaproducts.com
www.staminaproducts.com

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the **Magnetic Fusion 7100 Bike.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Magnetic Fusion 7100 Bike** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

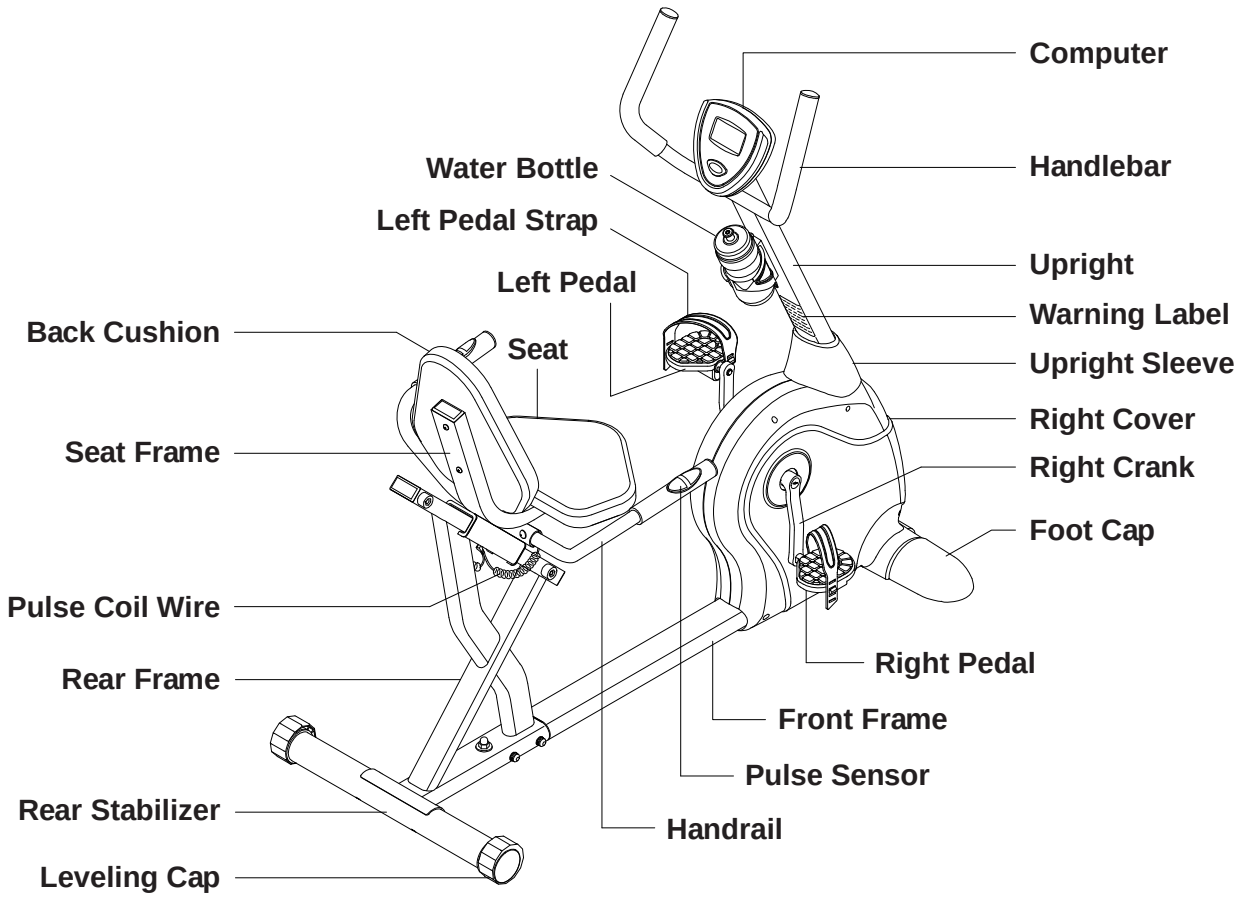
Read this manual carefully before using the **Magnetic Fusion 7100 Bike.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Magnetic Fusion 7100 Bike,** please do not return the product. Contact us FIRST!

If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

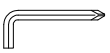
If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

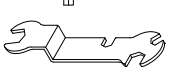
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :

Allen Wrench (5mm)


Allen Wrench (6mm)


Multi-opening Wrench

EQUIPMENT WARNING & NOTICE LABELS

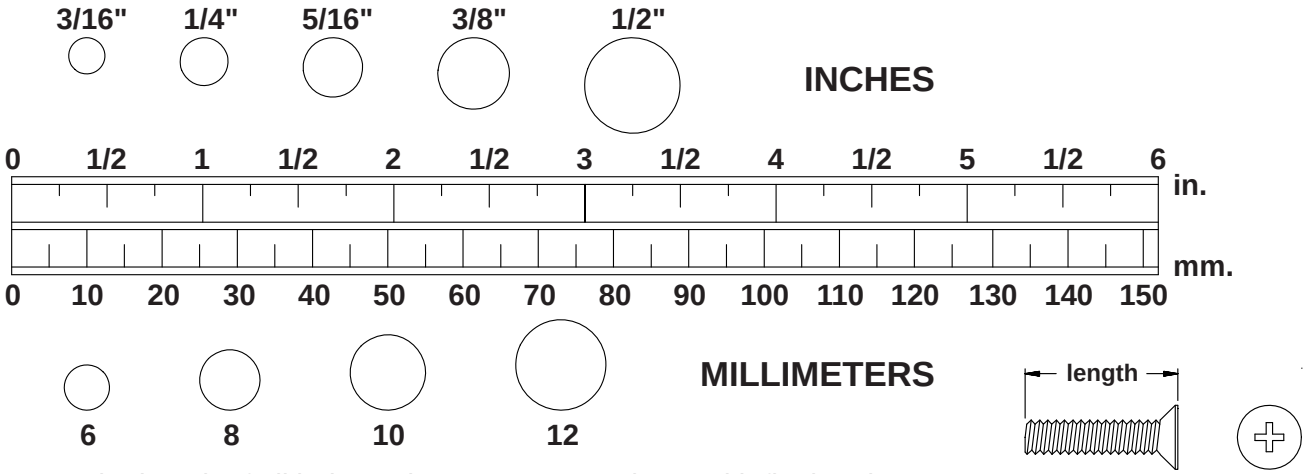
This chart is provided to help identify the warning & notice labels on the **Magnetic Fusion 7100 Bike.** Please take a moment to familiarize yourself with all of the warning & notice labels.

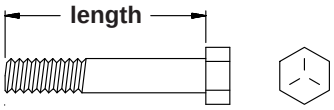
Label is larger than actual size

W1 **WARNING LABEL(95)**

HARDWARE IDENTIFICATION CHART

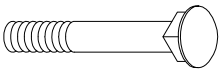
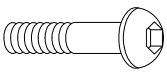
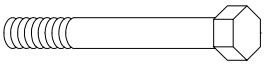
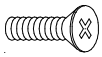
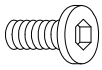
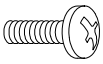
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.





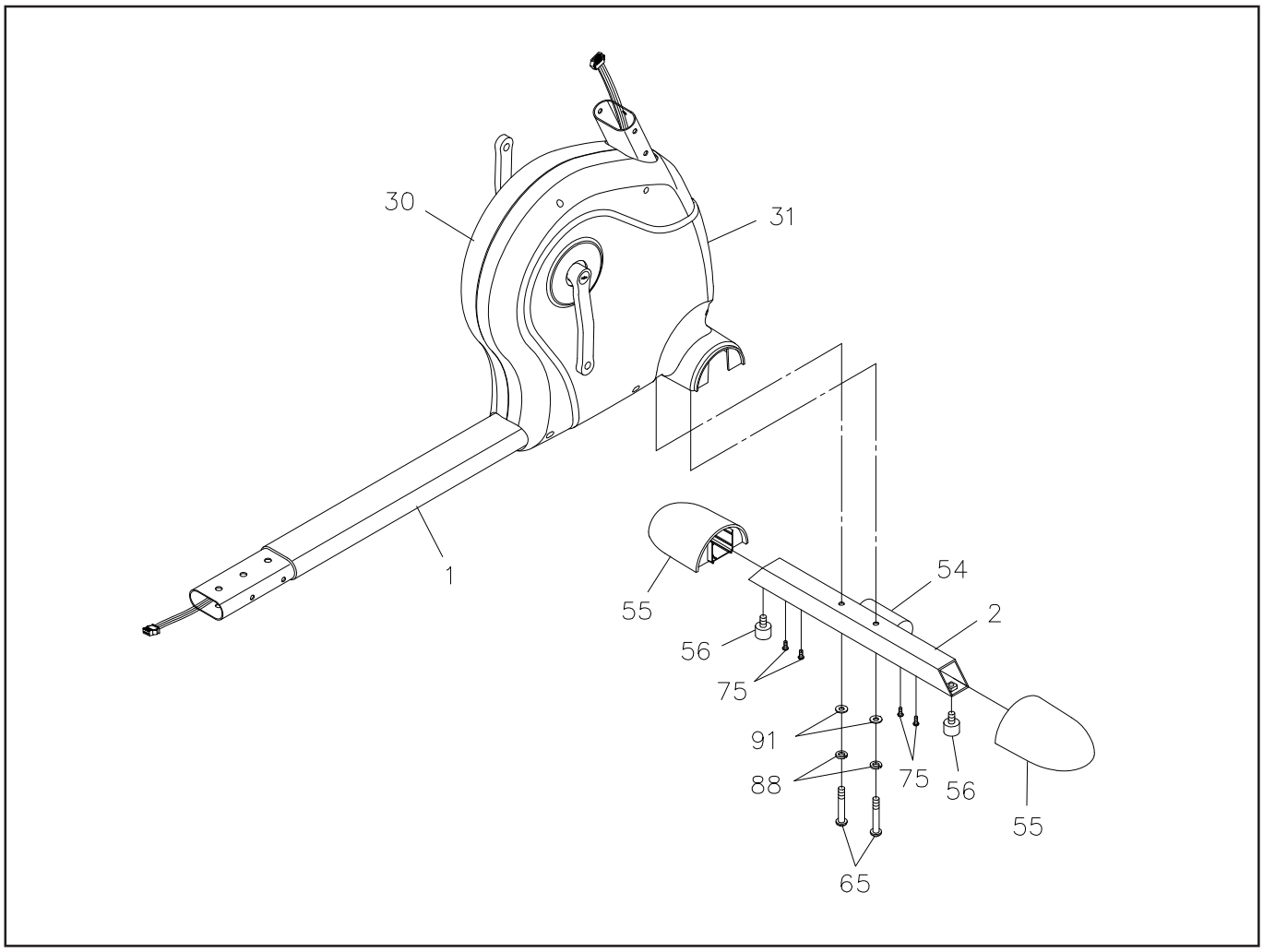
NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description		Qty
	62	Carriage Bolt (M8 x 1.25 x 45mm)	2
	63	Carriage Bolt (M8 x 1.25 x 75mm)	2
	64	Bolt, Button Head (M8 x 1.25 x 40mm)	3
	65	Bolt, Button Head (M8 x 1.25 x 53mm)	2
	66	Bolt, Button Head (M10 x 1.5 x 20mm)	4
	67	Bolt, Button Head (M10 x 1.5 x 53mm)	2
	68	Bolt, Hex Head (M8 x 1.25 x 80mm)	1
	69	Bolt, Flat Head (M6 x 1 x 12mm)	2
	70	Bolt, Flat Head (M8 x 1.25 x 15mm)	6
	73	Bolt, Round Head (M6 x 1 x 15mm)	4
	75	Screw, Round Head (M4 x 0.7 x 15mm)	6
	80	Nut (M8 x 1.25)	1
	84	Acorn Nut (M8 x 1.25)	4
	85	Acorn Nut (M10 x 1.5)	1
	86	Arc Washer (M8)	4
	87	Arc Washer (M10)	4
	88	Lock Washer (M8)	6
	89	Lock Washer (M10)	6
	91	Washer (M8)	2
	92	Washer (M10)	1

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance 1-800-375-7520 or e-mail us at customerservice@staminaproducts.com.



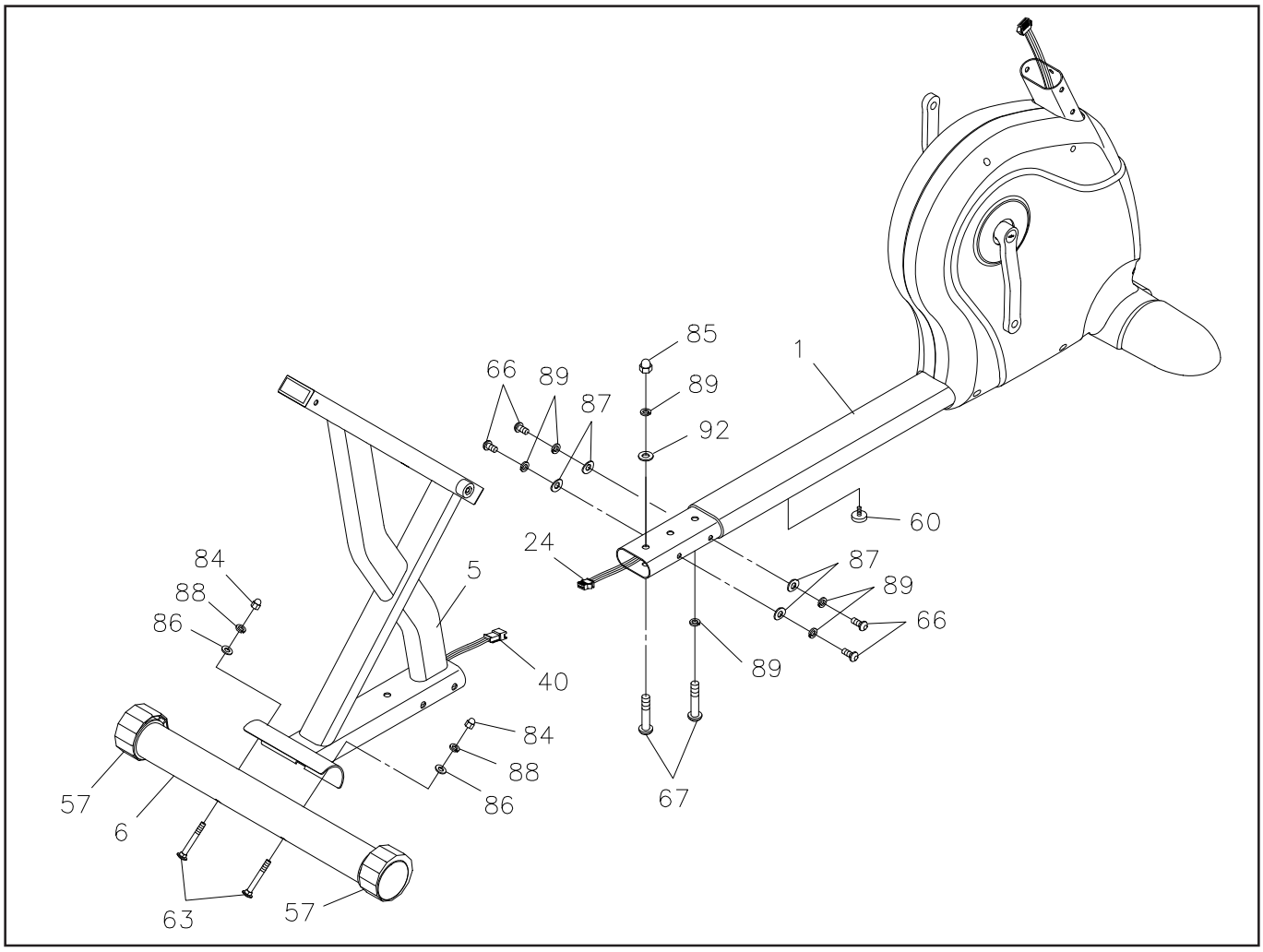
STEP 1

Make the **WHEEL(54)** on the **FRONT STABILIZER(2)** face the front, then attach the **FRONT STABILIZER(2)** to the **FRONT FRAME(1)** with **BUTTON HEAD BOLTS(M8x1.25x53mm)(65), LOCK WASHERS(M8)(88),** and **WASHERS(M8)(91).**

STEP 2

Slide the **FOOT CAPS(55)** onto both ends of the **FRONT STABILIZER(2)** so they fit over the edges of the **LEFT** and **RIGHT COVERS(30, 31)** and secure with **ROUND HEAD SCREWS(M4x0.7x15mm)(75).** Screw the **FOOT STANDS(56)** all the way up into the **FRONT STABILIZER(2)** on both sides.

ASSEMBLY INSTRUCTIONS



STEP 3

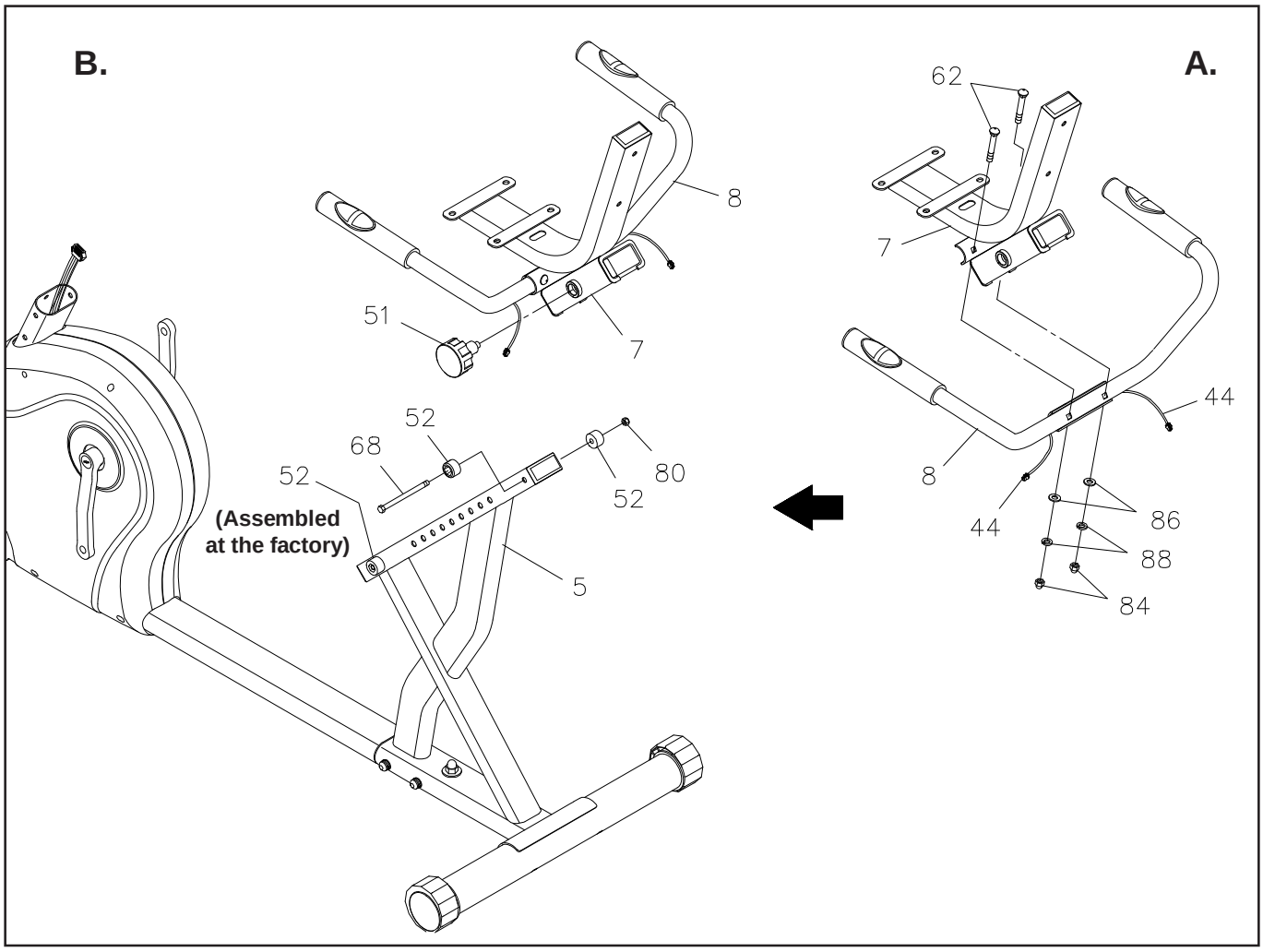
Attach the **REAR STABILIZER(6)** to the **REAR FRAME(5)** with **CARRIAGE BOLTS(M8x1.25x75mm)(63), ARC WASHERS(M8)(86), LOCK WASHERS(M8)(88),** and **ACORN NUTS(M8x1.25)(84).**

STEP 4

Screw the **STAND(60)** all the way up into the bottom of the **FRONT FRAME(1).** Connect the **PULSE EXTENSION WIRE(40)** to the **CONTROL WIRE(24).** Insert the **REAR FRAME(5)** onto the **FRONT FRAME(1)** and secure with **BUTTON HEAD BOLTS(M10x1.5x20mm)(66), BUTTON HEAD BOLTS(M10x1.5x53mm)(67), ARC WASHERS(M10)(87), LOCK WASHERS(M10)(89), WASHER(M10)(92),** and **ACORN NUT (M10x1.5)(85).**

NOTE: See page 13 for detailed leveling instructions to prevent rocking.

ASSEMBLY INSTRUCTIONS



NOTE: Be careful not to damage the **PULSE SENSOR WIRES(44)** when attaching the **HANDRAIL(8)** and the **SEAT FRAME(7).**

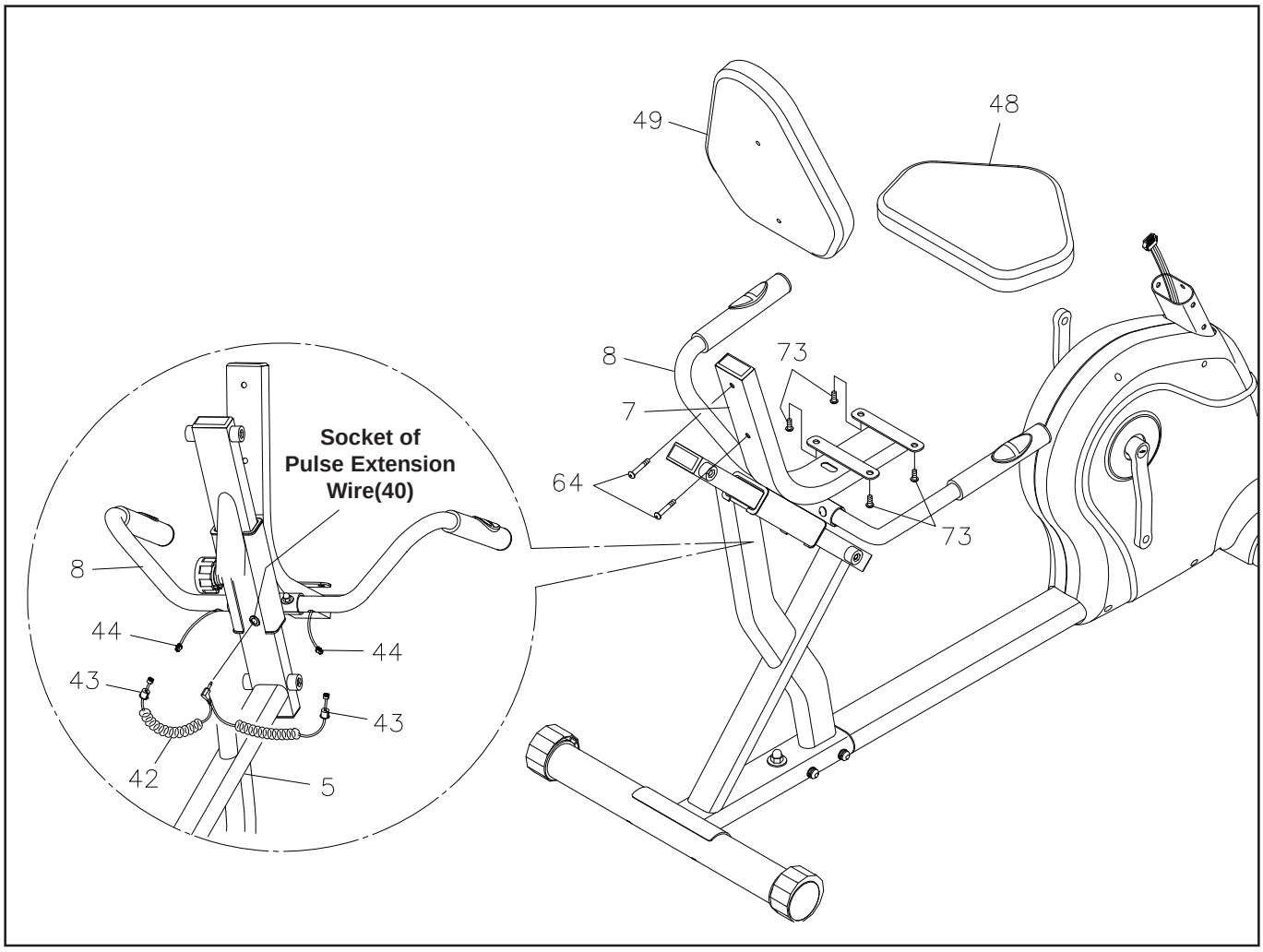
STEP 5

Refer to illustration A. Attach the **HANDRAIL(8)** to the **SEAT FRAME(7)** with **CARRIAGE BOLTS (M8x1.25x45mm)(62), ARC WASHERS(M8)(86), LOCK WASHERS(M8)(88),** and **ACORN NUTS(M8x1.25) (84).**

STEP 6

Refer to illustration B. Slide the **SEAT FRAME(7)** onto the **REAR FRAME(5)** and lock in position with the **ADJUSTMENT KNOB(51).** Attach the **STOPPERS(52)** to the top end of the **REAR FRAME(5)** with **HEX BOLT(M8x1.25x80mm)(68)** and **NUT(M8x1.25)(80).** Also, please verify that the other **STOPPERS(52)** are assembled at the factory.

ASSEMBLY INSTRUCTIONS



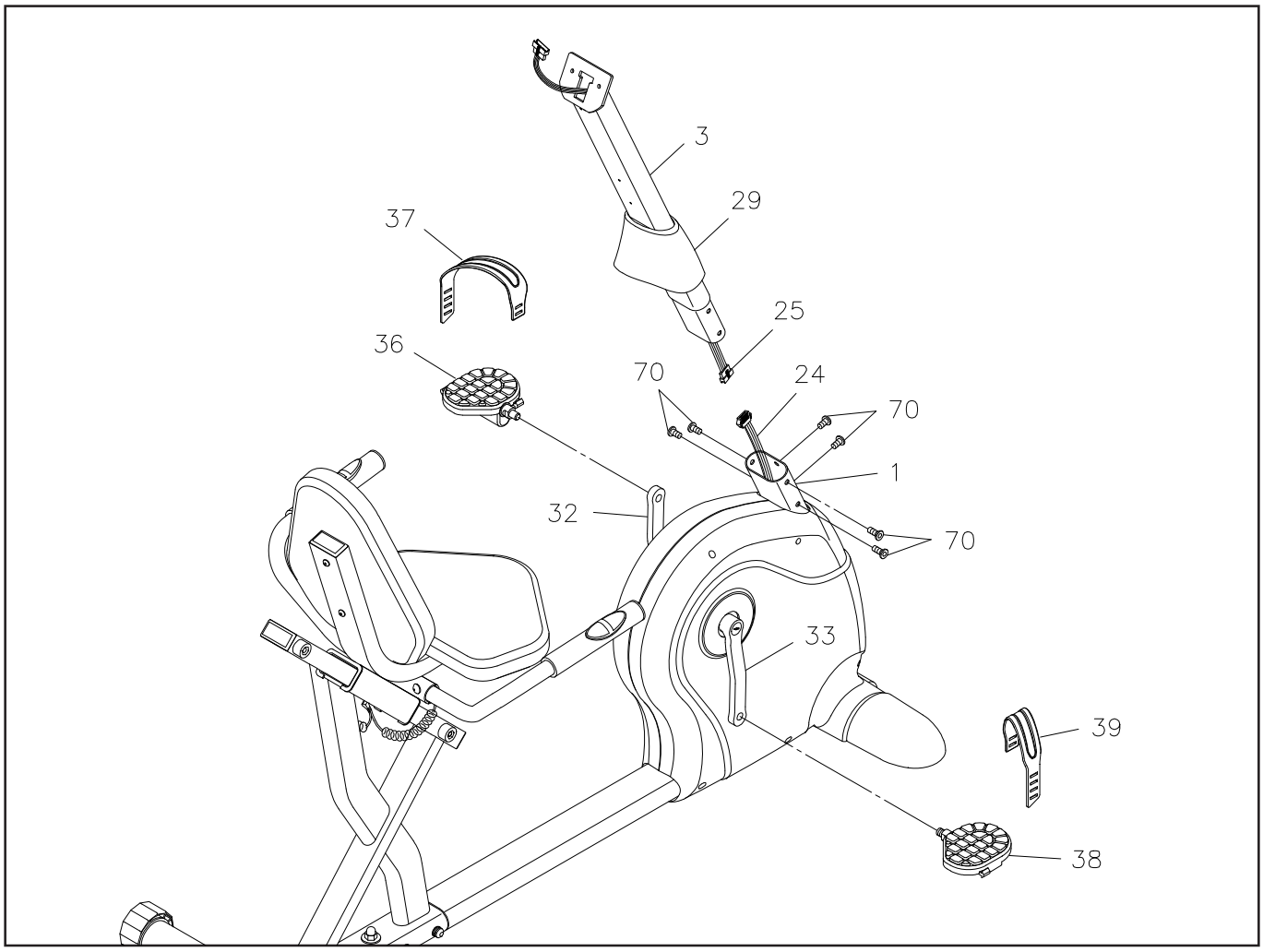
STEP 7

Refer to the inset drawing. Plug the **PULSE COIL WIRE(42)** into the **SOCKET** of the **PULSE EXTENSION WIRE(40)** located on the **REAR FRAME(5).** Clip the **GROMMET PLUGS(43)** onto both ends of the **PULSE COIL WIRE(42).** Connect both ends of the **PULSE COIL WIRE(42)** to the **PULSE SENSOR WIRES(44).** Push the plugs and excess wires back into the **HANDRAIL(8)** and secure with the **GROMMET PLUGS(43).**

STEP 8

Attach the **SEAT(48)** to the **SEAT FRAME(7)** with **ROUND HEAD BOLTS(M6x1x15mm)(73).** Attach the **BACK CUSHION(49)** to the **SEAT FRAME(7)** with **BUTTON HEAD BOLTS(M8x1.25x40mm)(64).**

ASSEMBLY INSTRUCTIONS



STEP 9

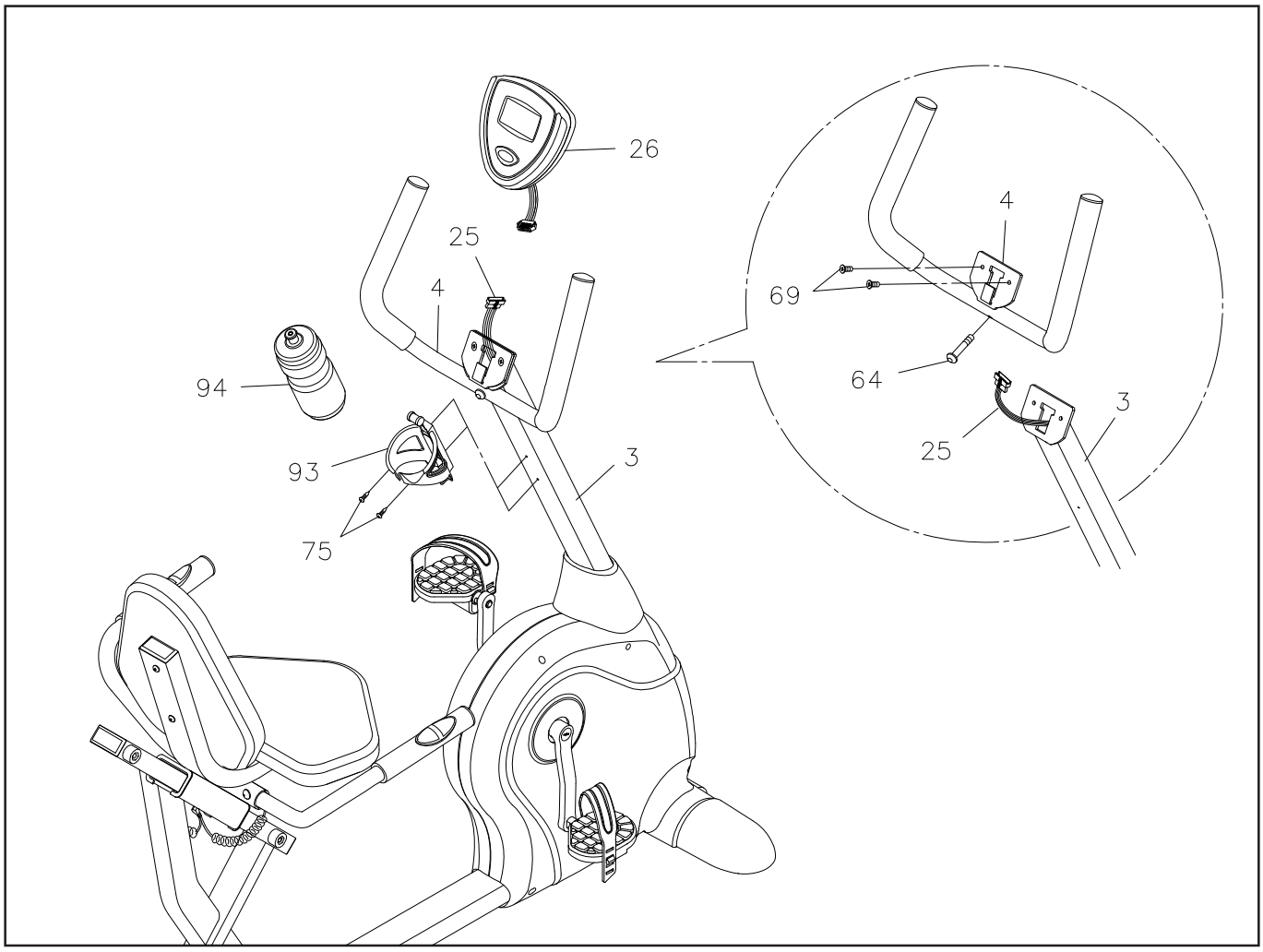
NOTE: The **RIGHT PEDAL(38)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(38)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(36)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(36)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(38)** into the **RIGHT CRANK(33)** as shown. Tighten the pedal securely. Select the **RIGHT PEDAL STRAP(39)** which has **R** marked on the bottom side of the strap. Snap the two hole end to the inside edge of the **RIGHT PEDAL(38).** Snap the other end to the outside edge of the **RIGHT PEDAL(38)** with the **R** mark on the bottom of the **RIGHT PEDAL STRAP(39).** Select adjustment holes which allow your foot to be easily removed from the pedals.
Use the same procedure to attach the **LEFT PEDAL(36)** to the **LEFT CRANK(32)** and snap the **LEFT PEDAL STRAP(37)** to the **LEFT PEDAL(36).**

STEP 10

Slide the **UPRIGHT SLEEVE(29)** over the **UPRIGHT(3).** Connect the **CONNECTION WIRE(25)** to the **CONTROL WIRE(24).** Insert the **UPRIGHT(3)** onto the **FRONT FRAME(1)** and secure with **FLAT HEAD BOLTS(M8x1.25x15mm)(70).** Slide the **UPRIGHT SLEEVE(29)** down to cover the bolt heads.

ASSEMBLY INSTRUCTIONS



STEP 11

Refer to the inset drawing. Run the **CONNECTION WIRE(25)** through the hole in the plate on the **HANDLEBAR(4).** Attach the **HANDLEBAR(4)** to the **UPRIGHT(3)** with **BUTTON HEAD BOLT (M8x1.25x40mm)(64)** and **FLAT HEAD SCREWS(M6x1x12mm)(69).**

STEP 12

Install four AA batteries into the **COMPUTER(26).** Four batteries are included. See page 17 for detailed battery installation instructions. Plug the **CONNECTION WIRE(25)** into the **EXTENSION WIRE** on the **COMPUTER(26).** Push the plugs and excess wires back into the **UPRIGHT(3)** and slide the **COMPUTER(26)** onto the plate on the **HANDLEBAR(4).**

STEP 13

Attach the **MOUNTING BRACKET(93)** to the **UPRIGHT(3)** with **ROUND HEAD SCREWS(M4x0.7x15mm) (75).** Place the **WATER BOTTLE(94)** in the **MOUNTING BRACKET(93).**

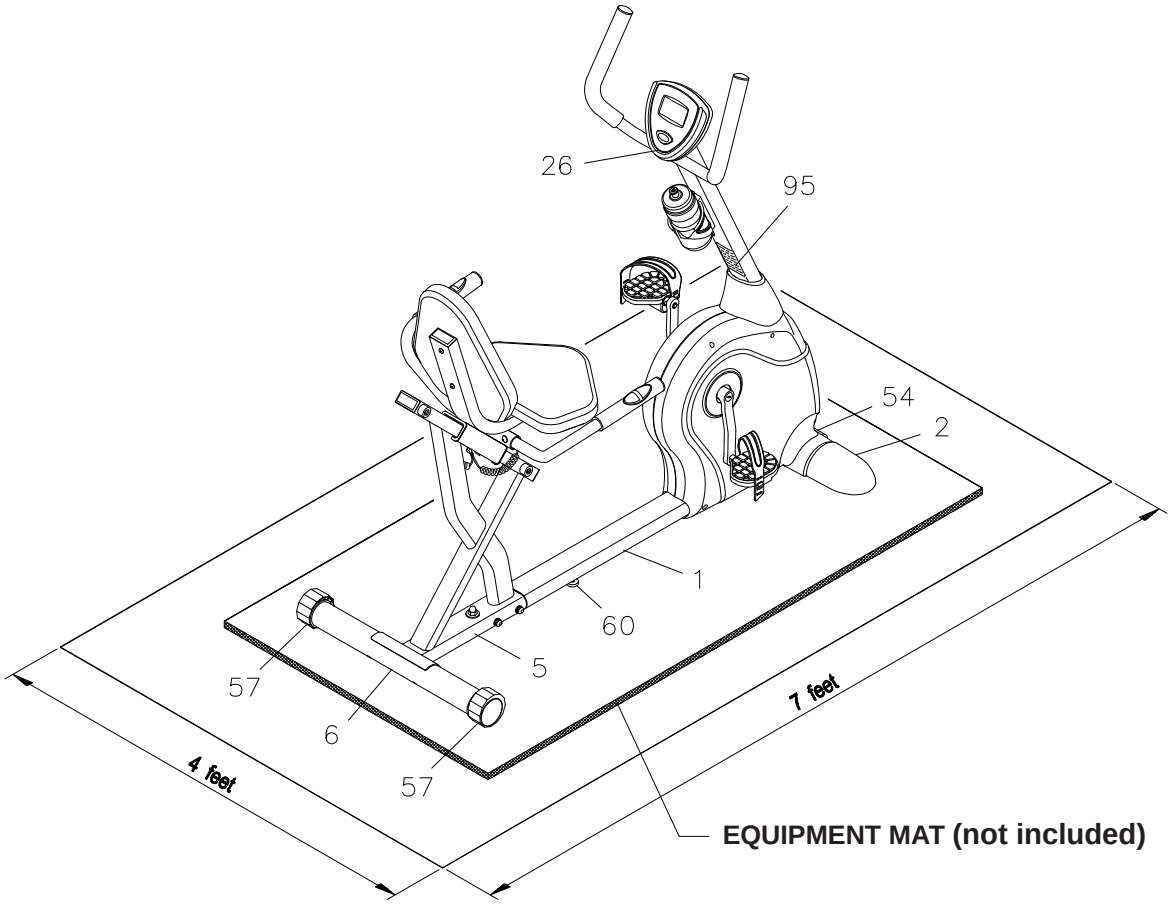
SET UP INSTRUCTIONS

Place the **Magnetic Fusion 7100 Bike** in the area where it will be used. It is recommended that the **Magnetic Fusion 7100 Bike** be placed on an equipment mat. The **Magnetic Fusion 7100 Bike** is approximately 53 1/4 inches long x 24 1/2 inches wide x 51 3/4 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **Magnetic Fusion 7100 Bike.** Make sure that adequate space is available for access to and passage around the **Magnetic Fusion 7100 Bike.**

LEVELING: To level the **Magnetic Fusion 7100 Bike,** first screw the **STAND(60)** located in the middle of the **FRONT FRAME(1)** all the way up into the **FRONT FRAME(1)** so that it is not touching the floor. Adjust the two **LEVELING CAPS(57)** on the **REAR STABILIZER(6).** When the **LEVELING CAPS(57)** are adjusted and the **Magnetic Fusion 7100 Bike** is stable, rotate the **STAND(60)** to make it contact with the floor.

While you are adjusting the **LEVELING CAPS(57)** the **STAND(60)** must not be in contact with the floor. Only after the **Magnetic Fusion 7100 Bike** has been stabilized with the **LEVELING CAPS(57)** will you position the **STAND(60)** so it is in contact with the floor to provide extra stability for the frame.

MOVING: The **Magnetic Fusion 7100 Bike** has a **WHEEL(54)** on the **FRONT STABILIZER (2).** Lift up the **REAR STABILIZER(6)** to move the **Magnetic Fusion 7100 Bike.**



FUNCTION INSPECTION:

Visually inspect the **Magnetic Fusion 7100 Bike** to verify that assembly is as shown in the above illustration. Check the function of the **Magnetic Fusion 7100 Bike** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Use the **UP** and **DOWN** buttons on the **COMPUTER (26)** to select a program and verify that the Magnetic System provides different tensions. Refer to the **COMPUTER INSTRUCTIONS** on pages 15 to 17.

CAUTION: Locate and read the **WARNING LABEL(95)** on the **Magnetic Fusion 7100 Bike.** Make sure that all users read the **WARNING LABEL(95).**

OPERATIONAL INSTRUCTIONS

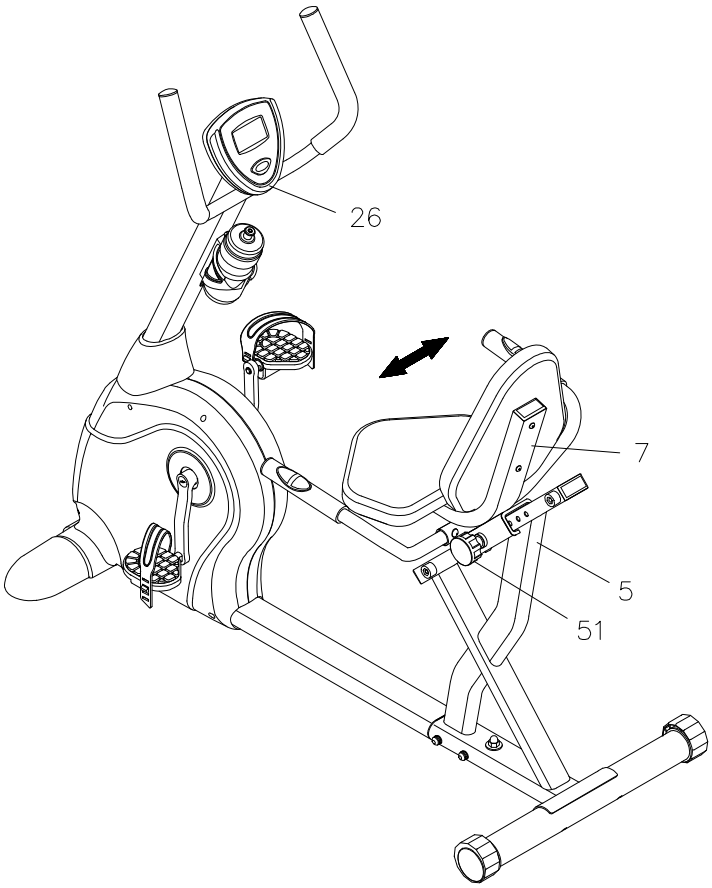
SEAT ADJUSTMENT

Proper seat adjustment is important. There are nine adjustment holes in the **REAR FRAME(5).** These adjustment holes allow users to adjust the position of the seat for efficient exercise.

1. Rotate the **ADJUSTMENT KNOB(51)** counterclockwise until the pin releases when the knob is pulled. Pull the **ADJUSTMENT KNOB(51)** and slide the **SEAT FRAME(7)** up or down to desired position. Lock the **SEAT FRAME(7)** in position by inserting the pin of the **ADJUSTMENT KNOB(51)** into one of the adjustment holes in the **REAR FRAME(5),** then rotate the **ADJUSTMENT KNOB(51)** clockwise to lock the **SEAT FRAME(7)** securely.

2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke.

CAUTION:
1. Do not attempt to adjust the seat while you are on the **Magnetic Fusion 7100 Bike.**
2. Always tighten the **ADJUSTMENT KNOB(51)** after adjusting the seat to a new position.

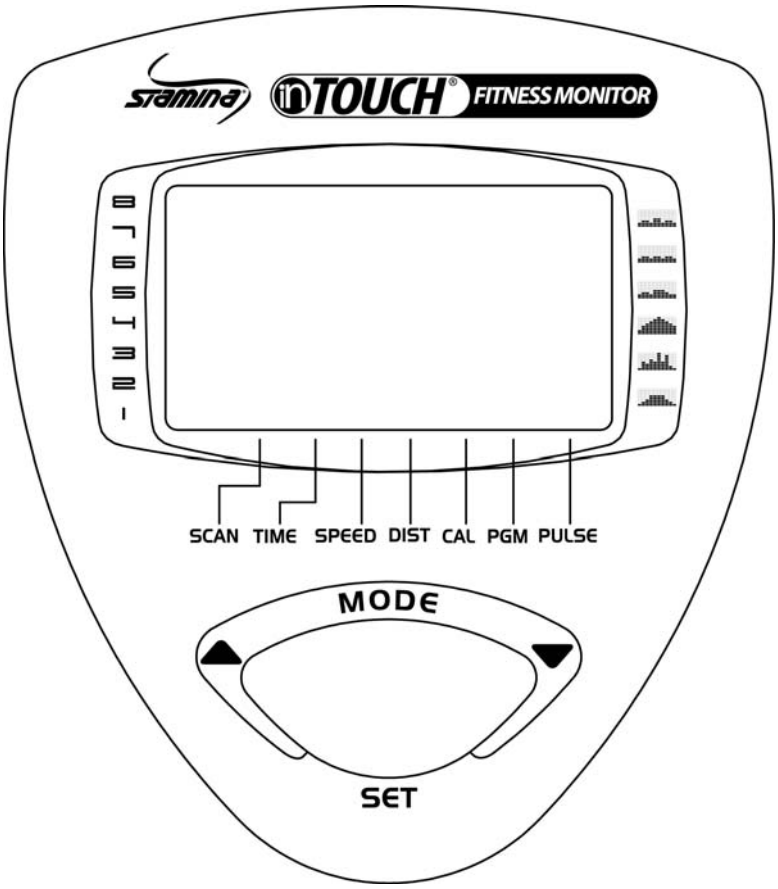


LOAD ADJUSTMENT

The load level of **Magnetic Fusion 7100 Bike** can be changed at any time during your workout. Use the **UP** and **DOWN** buttons on the **COMPUTER(26)** to increase or decrease your intensity level. Press the **UP** button to increase the load level. Press the **DOWN** button to decrease the load level.

COMPUTER INSTRUCTIONS

This computer provides different programs designed to help you meet your fitness goals. Simply choose the program you like, set the time for the workout, and begin exercising. The computer display will show the elapsed time, speed, distance, pulse, and approximate calories burned.



MAIN DISPLAY PANEL

LCD MONITOR:

1. The LCD displays TIME, SPEED, DISTANCE, CALORIES, PROGRAM, and PULSE.
2. Use the MODE, SET, UP, and DOWN buttons to select a program and time.

LCD FEATURES:

SCAN: Automatically scans each function of **TIME, SPEED, DISTANCE, CALORIES, PROGRAM,** and **PULSE** in sequence with change every 5 seconds.
NOTE: If you do not want to use the **SCAN** function, press the **MODE** button to select one of the other functions.

TIME: Displays the time from one second up to 99:59 minutes.

SPEED: Displays the current speed from zero to 999.9 miles per hour.

DISTANCE: Displays the distance from zero to 99.99 miles.

CALORIES: Displays the calorie consumption from zero to 9999 Kcal.
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

PROGRAM: Displays programs for selection during setup from P0 to P6. Displays the current load level during exercise of the programs, from L1 to L8 (level 1 to level 8).

PULSE: Displays heart rate in beats per minute from 40 to 240 beats per minute.
To display the heart rate, you must grasp the Pulse Sensors on both sides of the handrail, one in each hand. The heart symbol " ♥ " will begin flashing when the computer senses your heart rate. Your heart rate will be displayed approximately five (5) seconds after the heart icon is displayed. If you do not place your hands correctly and 60 seconds passes without a heart rate reading, the computer will turn off the heart rate circuit. If this occurs, press the **MODE** button to restart the heart rate circuit, place your hands back on the Pulse Sensors correctly, and the heart rate readout will appear.

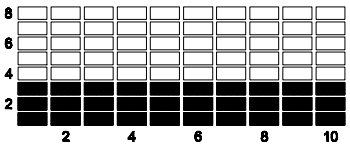
LOAD INDICATOR BAR: Displays the current working load level with a block bar. Each block on the bar represents one load level. The block bar will change during the workout based on your preset program time.

COMPUTER INSTRUCTIONS

PROGRAM DESCRIPTIONS

This computer contains seven different workout programs, **P0** to **P6**. You can preset the program time and the computer will divide the total workout time chosen into 10 intervals. If you do not set the program time in advance, the computer will default to a 30 minute workout time. The load level of each time interval will be shown in the **LOAD INDICATOR BAR** on the left side of the LCD display. The load level is based on the preset program, **P1** to **P6**, and it will change automatically based on your preset program time .

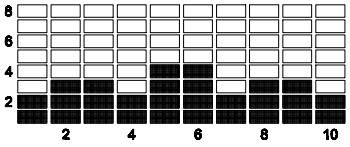
(P0) MANUAL



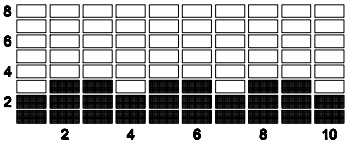
MANUAL PROGRAM: P0 is a manual program allowing the user to have full manual control of the workload. Use the **"▲"** button to increase the load. Use the **"▼"** button to decrease the load.

PRESET PROGRAMS: P1 to P6 are preset automatic programs. The present load level of the selected program will be shown in the **LOAD INDICATOR** in the LCD display. Use the **"▲"** button to increase the load level of the present step in the program. Use the **"▼"** button to decrease the load level of the present step in the program.

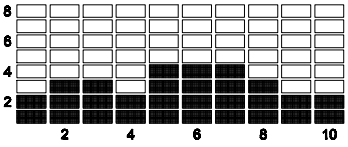
(P1) FAT BURN



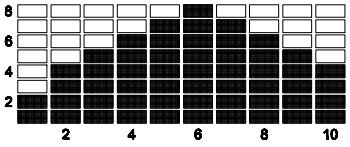
(P2) MAX. FAT BURN



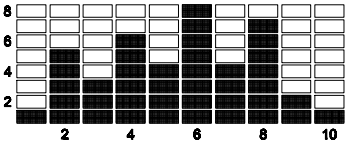
(P3) AEROBIC



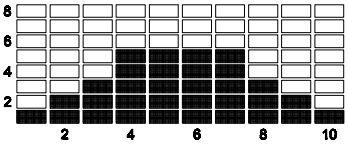
(P4) HILL



(P5) MOUNTAIN

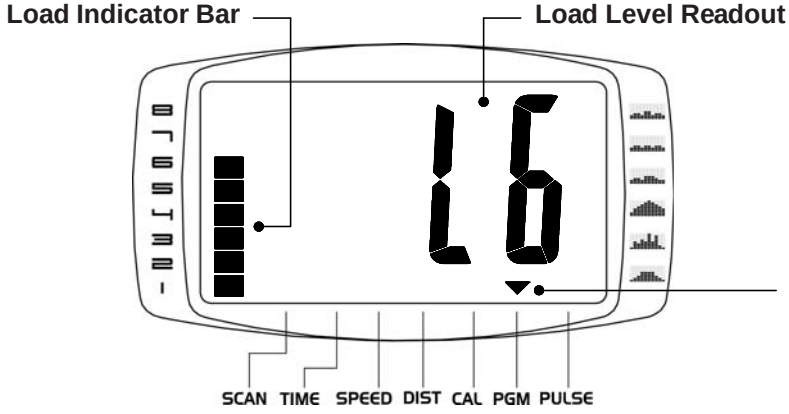


(P6) PLATEAU



LOAD INDICATOR

The current working load level based on the program you selected will be displayed as shown in the illustration below. It will follow the profile of the selected program and change automatically based on your preset program time.



Press the **MODE** button until the arrow points to **PGM** function to show the current Load Level readout.

COMPUTER INSTRUCTIONS

COMPUTER OPERATION

STEP 1: POWER ON
Pedaling or press the **MODE** button.

STEP 2: SET THE PROGRAM
Stop pedaling for four seconds. Press the **SET** button and the display will flash one of the following seven programs, P0, P1, P2, P3, P4, P5, or P6. Use **"▲/▼"** buttons to select a program. Press the **SET** button when the desired program number appears. You are now ready to set the program time.

STEP 3: SET THE PROGRAM TIME

1. If you selected the program **P0,** the **TIME** function mode will appear with the display flashing **0:00.** Use **"▲/▼"** buttons to set the program time, from 1 minutes up to 99 minutes in 1 minute increments. When desired time is chosen press the **SET** button.
The **TIME** will count down from preset value. If you set the time at **0:00,** the **TIME** will count up from **0:00.**

2. If you selected one of the programs **P1 - P6**, the **TIME** function mode will appear with the display flashing **20:00,** the minimum program time value is **20:00** minutes**.** Use **"▲/▼"** buttons to set the program time, from 20 minutes up to 99 minutes in 1 minute increments. When desired time is displayed press the **SET** button. The **TIME** will count down from preset value.

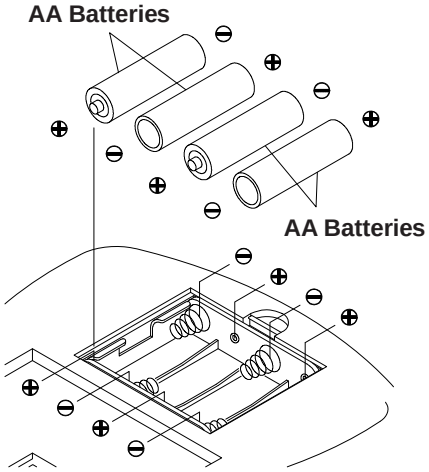
STEP 4:
Now you are ready to begin exercising. The program will begin when you start pedaling.

OPERATION DESCRIPTIONS

1. Time example: If the program time is set at 30 minutes, the timer will count down from 30:00 to 00:00. Then, the display will flash the program time (30:00) four times and start counting up from 30:00. The program will be repeated.
2. To stop a running program, stop pedaling for 4 seconds to switch into **STOP** mode. In this mode, you can move the pedals again to continue to run the current program or, you can press the **SET** button to select a new program. The function values of **DISTANCE** and **CALORIE** will continue to accumulate.
3. When you complete a program, you can stop pedaling and press **SET** button to select a new program. The function values of **DISTANCE** and **CALORIE** will continue to accumulate. This will allow you to run several programs and still know the total **DISTANCE** and **CALORIE** during the workout.
4. If you want to restart with a new program, press and hold the **MODE** button down for four seconds to reset all of the function values to zero. Press **SET** button to select a new program.
5. The computer will shut off automatically after 4 minutes of inactivity, and the function values, **DISTANCE** and **CALORIE,** will be kept.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the computer.
2. The Computer operates with four AA batteries (four batteries included). Refer to the illustration to install or replace the batteries.



NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.

STORAGE

1. To store the **Magnetic Fusion 7100 Bike,** simply keep it in a clean dry place.
2. Adjust the **SEAT FRAME(7)** to the lowest position. The **Magnetic Fusion 7100 Bike** is approximately 53 1/4 inches long x 24 1/2 inches wide x 51 3/4 inches tall. These dimensions will vary. Please measure your **Magnetic Fusion 7100 Bike** if exact dimensions are needed.
3. To move the **Magnetic Fusion 7100 Bike,** lift the **REAR STABILIZER(6)** and the bike will roll on the **WHEEL(54)** on the **FRONT STABILIZER(2).**
4. To avoid damage to the electronics, remove the batteries before storing the **Magnetic Fusion 7100 Bike** for one year or more.

MAINTENANCE

The safety and integrity designed into the **Magnetic Fusion 7100 Bike** can only be maintained when the **Magnetic Fusion 7100 Bike** is regularly examined for damage and wear. Special attention should be given to the following:

1. Use the **UP** and **DOWN** buttons on the **COMPUTER(26)** to select a program and verify that the Magnetic System provides different tensions. The Magnetic System should provide many years of use.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise. The right pedal has right hand threads that are tightened by turning clockwise.
3. Verify that the **WARNING LABEL(95)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(95)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **Magnetic Fusion 7100 Bike** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **Magnetic Fusion 7100 Bike.**
7. Keep your **Magnetic Fusion 7100 Bike** clean by wiping it off with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

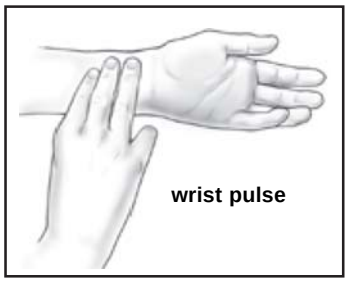
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

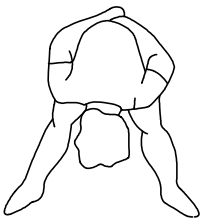
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

WARM-UP and COOL-DOWN

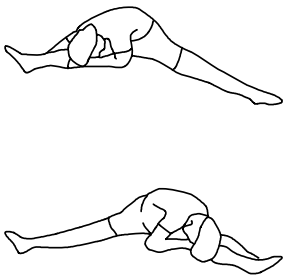
Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

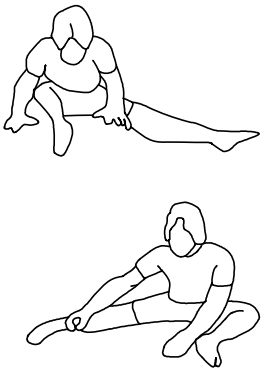
Suggested Stretching Exercises



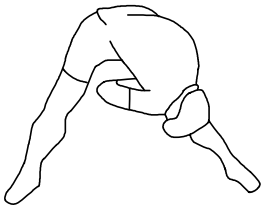
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

MODEL 15-7100

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and five years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

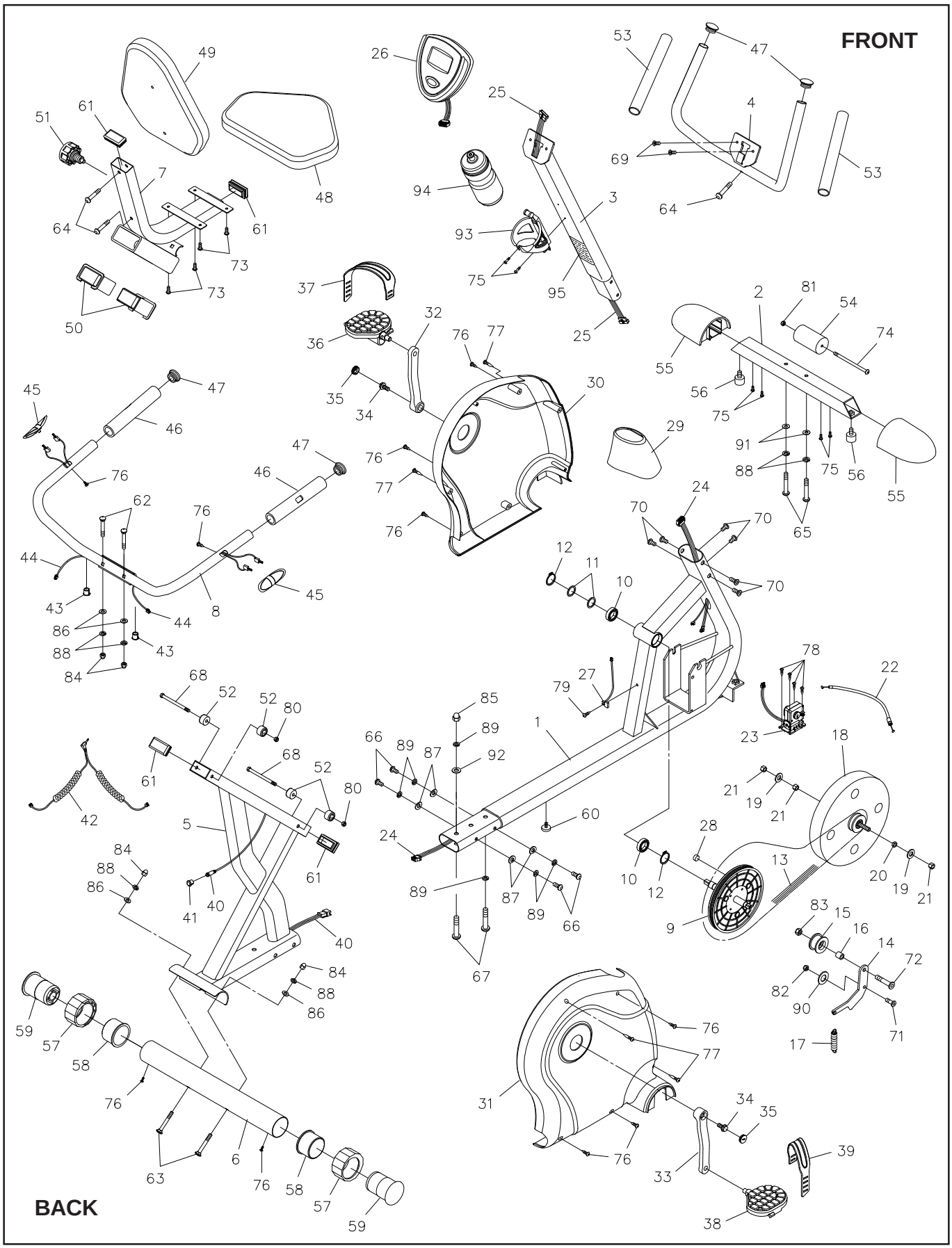
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071,** or email us at **customerservice@staminaproducts.com,** or call us at **1-800-375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	PART NAME	QTY
1	Front Frame	1
2	Front Stabilizer	1
3	Upright	1
4	Handlebar	1
5	Rear Frame	1
6	Rear Stabilizer	1
7	Seat Frame	1
8	Handrail	1
9	Pulley and Axle	1
10	Bearing (6003Z)	2
11	Bearing Washer (M17)	2
12	C Ring (17mm)	2
13	V-Ribbed Belt	1
14	Idler Arm	1
15	Idler Wheel	1
16	Idler Wheel Spacer	1
17	Tension Spring	1
18	Magnetic Unit	1
19	Lock Washer (3/8")	2
20	Thin Nut (3/8" - 26 x 5/32" thick)	1
21	Nut (3/8" - 26 x 9/32" thick)	3
22	Tension Cable	1
23	Motor	1
24	Control Wire	1
25	Connection Wire	1
26	Computer	1
27	Sensor Wire	1
28	Magnet	1
29	Upright Sleeve	1
30	Left Cover	1
31	Right Cover	1
32	Left Crank	1
33	Right Crank	1
34	Flange Bolt (M8 x 1.25 x 20mm)	2
35	Crank Cap	2
36	Left Pedal	1
37	Left Pedal Strap	1
38	Right Pedal	1
39	Right Pedal Strap	1
40	Pulse Extension Wire	1
41	Securing Plug	1
42	Pulse Coil Wire	1
43	Grommet Plug	2
44	Pulse Sensor Wire	2
45	Pulse Sensor	2
46	Hand Grip	2
47	Round Plug (25.4mm)	4
48	Seat	1
49	Back Cushion	1
50	Bushing	2

PARTS LIST

PART#	PART NAME	QTY
51	Adjustment Knob	1
52	Stopper	4
53	Foam Grip	2
54	Wheel	1
55	Foot Cap	2
56	Foot Stand	2
57	Leveling Cap	2
58	Cap Bushing	2
59	Securing Cap	2
60	Stand	1
61	Rectangular Plug (30mm x 60mm)	4
62	Carriage Bolt (M8 x 1.25 x 45mm)	2
63	Carriage Bolt (M8 x 1.25 x 75mm)	2
64	Bolt, Button Head (M8 x 1.25 x 40mm)	3
65	Bolt, Button Head (M8 x 1.25 x 53mm)	2
66	Bolt, Button Head (M10 x 1.5 x 20mm)	4
67	Bolt, Button Head (M10 x 1.5 x 53mm)	2
68	Bolt, Hex Head (M8 x 1.25 x 80mm)	2
69	Bolt, Flat Head (M6 x 1 x 12mm)	2
70	Bolt, Flat Head (M8 x 1.25 x 15mm)	6
71	Bolt, Flat Head (M8 x 1.25 x 20mm)	1
72	Bolt, Flat Head (M10 x 1.5 x 35mm)	1
73	Bolt, Round Head (M6 x 1 x 15mm)	4
74	Bolt, Round Head (M6 x 1 x 97mm)	1
75	Screw, Round Head (M4 x 0.7 x 15mm)	6
76	Screw, Round Head (M4 x 15mm)	10
77	Screw, Round Head (M4 x 25mm)	4
78	Screw, Round Head (M5 x 10mm)	4
79	Screw, Round Head (M5 x 15mm)	1
80	Nut (M8 x 1.25)	2
81	Nylock Nut (M6 x 1)	1
82	Nylock Nut (M8 x 1.25)	1
83	Nylock Nut (M10 x 1.5 x 7mm thick)	1
84	Acorn Nut (M8 x 1.25)	4
85	Acorn Nut (M10 x 1.5)	1
86	Arc Washer (M8)	4
87	Arc Washer (M10)	4
88	Lock Washer (M8)	6
89	Lock Washer (M10)	6
90	Large Washer (ø16 x ø32 x 0.5mm thick)	1
91	Washer (M8)	2
92	Washer (M10)	1
93	Mounting Bracket	1
94	Water Bottle	1
95	Warning Label	1
96	Allen Wrench (5mm)	1
97	Allen Wrench (6mm)	1
98	Multi-Opening Wrench	1
99	Manual	1

NOTES

FAX/MAIL ORDERING FORM

Please do not return the product. For your convenience, Stamina's Customer Service Department can be reached by email at customerservice@staminaproducts.com or toll free at 1-800-375-7520 (in the U.S.). Should a part be missing or a defective part found, please call us from 7:30 A.M. to 5:00 P.M. Central Time, Monday through Thursday and 8:00 A.M. to 3:00 P.M. on Friday or fill out the fax sheet ordering form below and fax it to (417) 889-8064. Our Customer Service Department will be able to assist you with your problem and the part will be mailed directly to your house.

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

Detach and Mail or Fax the Form Below

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: _____

Address: _____ Apt. #: _____

City: _____ State: _____ Zip Code: _____

IMPORTANT: We must have your phone number in order to process the order!

Phone #: ( ) _____ Work Phone #: ( ) _____

Date Purchased: _____

Model #: _____

Purchased From: _____

IMPORTANT: Before filling out the form below make sure you have the right information. Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1